

UCCOOK

Garlic Chicken & Herby Baby Potatoes

with a mushroom salad

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	276kJ	1779kJ
Energy	66kcal	425kcal
Protein	7g	45.1g
Carbs	7g	42g
of which sugars	1g	9g
Fibre	1g	7g
Fat	0.9g	5.9g
of which saturated	0.2g	1.4g
Sodium	54.2mg	349.3mg

Allergens: Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
125g	250g	Button Mushrooms <i>wipe clean & cut in half</i>
1	2	Free-range Chicken Breast/s
5ml	10ml	Spice Blend <i>(2,5ml [5ml] NOMU Cajun Rub & 2,5ml [5ml] Garlic Powder)</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & finely slice</i>
10ml	20ml	Lemon Juice
30ml	60ml	Carb Smart 1000 Islands Dressing
3g	5g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

- 1. SOFT POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.
- 2. GOLDEN MUSHIES** Place a pan over medium-high heat. Lightly spray the mushrooms with cooking spray. When hot, fry the mushrooms until golden, 5-7 minutes (shifting occasionally). Remove from the pan and season.
- 3. CHICKEN** Return the pan to medium heat. Pat the chicken dry with paper towel, cut into bite-sized pieces and coat with the spice blend. Lightly spray with cooking spray and season. When hot, fry the chicken until golden and cooked through, 3-5 minutes (shifting occasionally). Remove from the pan and rest for 5 minutes.
- 4. JUST BEFORE SERVING** In a salad bowl, combine the salad leaves, the cucumber, the mushrooms, the lemon juice (to taste) and seasoning.
- 5. TIME TO DINE** Plate up the soft potatoes, top with the chicken, and drizzle over the salad dressing. Serve alongside the mushroom salad and sprinkle the chives over the chicken. Cheers, Chef!